



MOBILITY **STRENGTH** **MOVEMENT** **BURN**

Lun **Mar** **Mer** **Gio** **Ven** **Sab** **Dom**

	STRENGTH 7:15		STRENGTH 7:15			
		M.POSTURAL 9:30	MOVE 9:30		POSTURALE BASIC 10:30	
STRENGTH 13:00	POSTURALE BASIC 13:10	STRENGTH 13:00	BURN 13:00	M.POSTURAL 13:00	STRENGTH 11:30	MOVE 11:30
M.POSTURAL 17:00	MOVE 17:30	FLOATING PILATES 18:00	M.POSTURAL 18:30	MOVE 18:00		
MOVE 18:00	POSTURALE BASIC 18:30	STRENGTH 19:00	STRENGTH 19:30	THAI CHI BASIC 19:10		
STRENGTH 19:00	BURN 19:30	PILATES BASIC 20:00	BURN 20:30			
STRENGTH 20:00	STRENGTH 20:30					